



# HOSPARUS HEALTH®

## BENZODIAZEPINE MEDICINE GUIDE

What are the names of this type of medicine?

- Alprazolam/Xanax
- Clonazepam/Klonopin
- Diazepam/Valium, Diastat
- Lorazepam/Ativan
- Midazolam/Versed
- Temazepam/Restoril

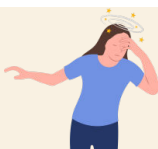
What is it used for?



Anxiety



Shortness of air  
(due to anxiety)



Seizures



Trouble Sleeping



Restless Legs



Throwing up or feeling sick to stomach



Terminal Agitation

How and when should I take this medicine?

- ONLY take or stop taking these medicines as you are told by a Hosparus nurse or doctor to prevent future problems
- To prevent symptoms, ALWAYS take your routine/scheduled doses
- Take as needed doses when you are having any of these symptoms or one (1) hour before activities that cause these symptoms
- Always write down the time you take your medicine



If you have trouble or cannot swallow your medicine, call Hosparus Health right away.

How long does it take to work?

You should start feeling better within one (1) hour.



What side effects could I have with this medicine?



Feeling unsteady, dizzy, and at risk for fall



Weakness or sleeping more



Having confusion or memory problems



Throwing up or feeling sick to your stomach



Headache



Increased agitation, restlessness or trouble sleeping

These should go away in 2 or 3 days. If they last longer than 3 days, there may be something else causing these problems.

When should I call Hosparus Health for help?



**Call us for help at 1-800-264-0521, if:**

- You are not starting to feel better after one (1) hour of taking medicine
- You are taking three (3) as-needed doses in a row for your symptoms
- You still have the above problems before it is time to take the next dose
- Symptoms get worse after taking medicine

Support from Hosparus Health is always available, day or night, 24/7. Call 1-800-264-0521.